

# microHearth

microwave cookware

## User Guide and Recipe Booklet

**Appetizers**

08~14P

**Breakfast  
/Brunch**  
15~21P

**Desserts**  
22~27P

**Main  
Dishes**  
28~41P

**Sides**  
42~47P



For microwave only

# Table of Contents

Features & Benefits	3
Cleaning	4
Getting Started	5-6
Safeguards	6
Product Line	7
Recipes	8-47

## **Appetizers**

Chicken Nuggets	8
Deviled Eggs	9
Hot Spinach & Artichoke Dip	10
Perfect Pan Pizza	11
Shrimp Wontons	12
Quesadillas	13
Quick Nachos	14

## **Breakfast/Brunch**

Bacon & Eggs	15
Blueberry Muffins	16
Breakfast AM Sandwich	17
Cinnamon & Fruit Oatmeal	18
Country-style Frittata	19
EZ Poached Eggs	20
Pecan Rolls	21

## **Desserts**

Apple Burritos	22
Bananas Foster	23
Black Forest Muffins	24
Decadent Chocolate Caramel Cupcakes	25
Pineapple Upside-Down Cakes	26
Quick Fruit Crisp	27

## **Main Dishes**

Asian Infused Salmon Filets	28
Chicken Parmesan	29
Enchilada Casserole	30
Glazed Pork Chops with Apples	31
Italian Pasta Stir-Fry	32
"Mock" Fried Chicken	33
Monterey Burgers	34
Poached Tilapia with Steamed Asparagus	35
Ravioli Carbonara	36
Ribeye Steaks with Grilled Onions & Mushrooms	37
Sausage & Peppers	38
Shrimp with Vegetables	39
Spaghetti & Meatballs	40
Teriyaki Steak Salad	41

## **Sides**

Broccoli-Cheddar Gratin	42
Creamy Mac 'n Cheese	43
Fiesta Corn Muffins	44
Herb Buttered Potatoes	45
Vegetable Medley	46
Wild Rice Pilaf	47
Troubleshooting	48
Warranty	49

microHearth  
microwave cookware

Congratulations on your Microhearth purchase. With this revolutionary pan, cooking results may surprise you. The results are moist and flavorful foods that utilize the microwave oven's convenience; while enduring natural flavor and freshness.

With this pan you can sauté, steam, poach, bake, broil or even stir-fry your favorite foods and recipes in the microwave in less time than usual. You'll find this cookware is easy to use, and will soon become the favorite in your kitchen. A wise investment saving you both time and money since it can do it all -- cook breakfast, lunch, dinner and even snacks!



## FEATURES & BENEFITS

The durable, high-heat resistant Microearth has been designed for microwave-use only. While there are many makes and models, it has been designed to fit in standard units, from built-in to smaller counter-top units.

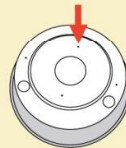
Consists of four components that nest together making it versatile and compact for easy storage!

1. Non-stick coated metal Pan in a durable body which is formulated to safely perform under hottest temperatures. The small holes on the bottom of the Pan have been designed to ensure steam can release during the heating process - so never close or clog the vent holes.
2. Steam Pan made of food grade silicone raises and separates food from the liquid underneath; thus allowing food to efficiently steam.
3. Silicone 4-cup Muffin Pan which allows cooking a wide range of foods from muffins, cupcakes, rolls to poached eggs. It can be used with or without paper muffin cup liners.
4. Ceramic-coated metal Lid with standing handle allows you to conveniently rest it upright so moisture does not drip on the counter. Ceramic-coating is especially designed for use in the microwave and eliminates the "microwaves" that normally cause dryness by penetrating through the food during cooking.



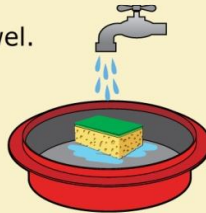
## EASY CLEAN-UP!

- Simply place the non-stick coated Pan under a slow stream of running water, thoroughly wipe out, and then rinse and dry with a soft dish towel. (Remember: never submerge the Pan as holes may fill with water).



- Avoid use of abrasive scouring pads as they will harm the coating.
- Lid, Muffin and Steam Pan may be washed in warm, soapy water and are dishwasher-safe.
- While the Microhearth is made of extremely durable materials, avoid dropping to prevent scratching or cracking.

- Wash with warm water and a soft cloth or dish towel.



## A FEW THINGS TO KNOW BEFORE STARTING

Knowing the wattage of your unit will help determine the amount of time needed for cooking. Models range from 700-1200 watts, with 900-1100 watts the most common. If you do not know the wattage check inside the microwave, the appliance manual, or with the microwave manufacturer.

Be sure to start with a clean interior of the microwave including the glass turntable. The Microhearth is not intended for use with direct heat (gas range, grill, induction range, oven, or hot plate) as damage to product will occur. Always place the Lid on while microwaving and never place the unit in the microwave without food except when heating oil for frying.

It is recommended to allow the Microhearth to cool between uses. The Pan bottom and Lid get hot so always use oven mitts or pads when removing unit. Avoid use of disposable plastic utensils as they may result in melting.

**Recipes developed in this booklet have recommended cooking times based on the 1000-1200 watt units. Food should be cooked on HIGH, or FULL power. If you do not know the microwave output, begin with our suggested timing or set the timer for less time and check food. If the food is not thoroughly cooked, simply return the Microhearth to the microwave and heat an additional 1-3 minutes.**

## A FEW THINGS TO KNOW BEFORE STARTING

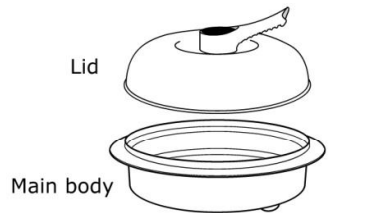
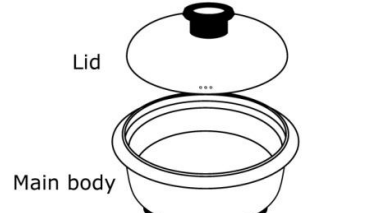


Once you prepare several recipes, you will know how your microwave cooks and can adjust cooking times accordingly. To convert favorite recipes or packaged food, reduce cooking times by about one-third the time. And remember, even though a microwave has the same output, there may be a 10-15% temperature difference.

Enjoy!

### **IMPORTANT SAFEGUARDS**

- Over cooking will result in food burning and may damage Pan's coating.
- Use of liquid, oil, or no-stick cooking spray is required in all Pan cooking applications.
- Using the product for applications other than those recommended may result in damage to product and coating.
- Always use care when removing unit from microwave as components may become hot and steam may escape causing harm.
- Not intended for commercial-use.

# PRODUCT LINE

Basic item	Every day Pan	 <p>Lid</p> <p>Main body</p>	<b>Everyday Pan for Microwave Oven</b> <ul style="list-style-type: none"> <li>• Main body + Steam pan + Cover</li> <li>• Weight: 3 lbs</li> <li>• Size: 10.6" X 5.4"</li> <li>• Capacity: 1.5 qt.</li> <li>• Heat resistant temperature: Up to 480°F</li> <li>• Made in Korea</li> </ul>
	Additional Line Offering	 <p>Lid</p> <p>Main body</p>	<b>Dutch Oven for Microwave Oven</b> <ul style="list-style-type: none"> <li>• Main body + Steam pan + Cover</li> <li>• Weight: 3 lbs</li> <li>• Size: 10" X 5.7"</li> <li>• Capacity: 2 qt.</li> <li>• Heat resistant temperature: Up to 480°F</li> <li>• Made in Korea</li> </ul>
		 <p>Silicone Steam Pan</p> <p>■ Always to be used with liquid (water, wine or broth) in Pan.</p>	<b>Steam Pan</b> <ul style="list-style-type: none"> <li>• Weight : 2 oz.</li> <li>• Size : 8.3" X 0.8"(L) , 7.5 "X 0.9"(S)</li> </ul>
Inserts/ Accessories	 <p>Silicone Muffin Pan</p> <p>■ Always to be used with liquid (water, wine or broth) in Pan.</p>	<b>Muffin Pan</b> <ul style="list-style-type: none"> <li>• Weight : 9 oz.</li> <li>• Size : 7" X 1.2"</li> </ul>	



## Chicken Nuggets

*A favorite for the kids, but adults love them too!*

### Ingredients

- 1 tablespoon vegetable oil
- 6-12 frozen chicken nuggets
- Barbecue, apple, or your favorite dipping sauce

1. Brush oil over bottom of Microhearth Pan. Place chicken nuggets flat in pan; do not overlap. Place Lid on unit; microwave 3 minutes.
2. Carefully remove Lid; turn each nugget over. Cook additional 3 minutes. Serve with favorite dipping sauce.

Makes 1-2 servings

**Cook's Tip:** *Using the Microhearth enhances the taste of already prepared frozen food without drying it out.*

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Deviled Eggs

*An all-time favorite made easier by first boiling the eggs in this versatile pan!*

### Ingredients

- 1 cup water
- 6 large eggs
- ¼ cup mayonnaise or salad dressing
- 1 tablespoon ground mustard
- 1 tablespoon horseradish
- Salt and ground black pepper, to taste
- Ground paprika or fresh herbs, optional

1. Place 1 cup water in Microhearth Pan. Carefully add eggs. Place Lid over unit; microwave 13-15 minutes.
2. Carefully remove Lid. Immediately run cold water over eggs or place them in ice water until completely cooled.
3. Remove shells. Cut eggs in half lengthwise. Carefully remove yolks; place in small mixing bowl. Stir in mayonnaise, mustard, and horseradish. Season to taste with salt and black pepper. Spoon mixture into whites. Refrigerate at least 30 minutes to allow flavors to blend. Garnish as desired with paprika or fresh herbs such as parsley.

Makes 12 appetizers

**Cook's Tip:** Do not lay eggs in the Steam Pan, simply place in Pan for best cooking results. Use this same cooking method when preparing hard-cooked eggs for eati

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## Hot Spinach & Artichoke Dip

*Preparing and serving this dip in the pan is so convenient.*

### Ingredients

- 1 package (10 oz.) frozen chopped spinach, thawed and drained
- 1 jar (7.5 oz.) marinated artichoke hearts, drained and coarsely chopped
- 1 medium pressed garlic clove
- ½ cup sour cream
- ½ cup mayonnaise
- ½ cup grated Parmesan & Romano cheese

1. Combine in mixing bowl all ingredients, stir. Generously spray Microhearth Pan with no-stick cooking spray. Spoon mixture into Pan.
2. Place Lid on unit; microwave 4 minutes. Carefully remove Lid; stir. Return and cook additional 4-5 minutes, or until heated. Remove Lid; stir and serve in Pan with pita or tortilla chips, fresh vegetables or bread.

Makes approximately 2 cups

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## Perfect Pan Pizza

*Nothing beats this fresh, homemade personal pan pizza.*

### Ingredients

- 1 teaspoon olive oil
- 1 flat pita bread round, without pockets
- ¼ teaspoon Italian seasoning
- ½ cup (2 oz.) shredded part-skim mozzarella cheese, divided
- 1 plum tomato, sliced
- 2 teaspoons snipped fresh basil
- Salt and ground black pepper, to taste

1. Brush each side of the pita round with olive oil; sprinkle Italian seasoning over top only. Sprinkle ¼ cup cheese over seasoning. Layer tomato slices on cheese; sprinkle remaining cheese on top. Place top side up in Microhearth Pan.
2. Place Lid over unit; microwave 3-3½ minutes. After cooking leave Lid on to allow cheese to continue melting 1-2 minutes. Carefully remove Lid; sprinkle basil and seasonings over top. Cut into quarters, serve warm.

Makes 1 serving

**Cook's Tip:** Easily personalize your pizza by adding different vegetables, pepperoni or different cheeses.

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## Steamed Shrimp Wontons

*No longer will it take you all day to prepare fresh wontons!*

### Ingredients

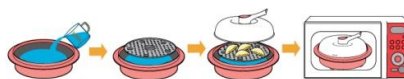
4 ounces cream cheese, softened  
6 ounces uncooked shrimp,  
peeled and deveined, coarsely chopped  
1 green onion with tops, finely sliced  
¼ cup water chestnuts, finely chopped  
2 tablespoons grated carrot  
½ teaspoon soy sauce  
24 wonton wrappers  
1 cup water  
Dipping sauce, optional

1. In mixing bowl combine cream cheese with shrimp, onions, water chestnuts, carrot and soy sauce; mix well. Fill each wonton wrapper with about 2 teaspoons filling. Place a small amount of water around edges; bring up point by point to seal and form a purse.
2. Place 1 cup water in MicroHearth Pan. Insert Steam Pan over water; layer 12 filled wontons on Pan. Place Lid on unit; microwave 7-8 minutes. Carefully remove Lid; transfer wontons to serving platter; repeat with remaining wontons. Serve warm with your favorite dipping sauce, if desired.

Makes 24 appetizers

**Cook's Tip:** *Uncooked wontons can be refrigerated 1-2 days, then cooked.*

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Microhearth ... 12





# Quesadillas

*A simple after school snack for kids or a bite-size appetizer for adults.*

## Ingredients

- 2 flour tortillas (7-8-inch wide)
- ¼ cup (1 oz.) shredded Monterrey Jack cheese
- 1 tablespoon pitted olives, drained and chopped
- 2 tablespoons picante or salsa
- 1 tablespoon snipped fresh cilantro
- 1 tablespoon green onion, chopped
- Sour cream, optional

1. Generously spray Microhearth pan with no-stick cooking spray. Place one tortilla in pan. Sprinkle cheese and olives over tortilla. Spoon picante sauce over olives, sprinkle with cilantro and green onion. Place second tortilla on top.
2. Place Lid on unit; microwave 2 minutes. Carefully remove Lid; turn tortilla over and allow to heat in Pan 1-2 minutes to brown bottom. Cut into 8 wedges; serve warm with sour cream, if desired.

Makes 8 bite size wedges

**Cook's Tip:** *Vary the cheese, or add cooked chicken for a heartier meal.*

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## Quick Nachos

*Anytime of the day this popular appetizer is a snap to prepare.*

### Ingredients

- 45 bite-size whole grain tortilla chips
- ½ cup (2 oz.) shredded Mexican cheese blend
- ⅔ cup thick and chunky salsa
- ¼ cup sliced black olives
- 2 tablespoons sliced green onion
- Sour cream, optional

1. Generously spray bottom of Microhearth Pan with no-stick cooking spray. Arrange tortilla chips in single layer with edges overlapping in Pan. Top with cheese blend and salsa. Sprinkle olives and green onions on top.
2. Place Lid on unit; microwave 3-4 minutes or until cheese begins to melt. After cooking leave Lid on to allow cheese to keep melting in Pan 2-3 minutes. Carefully remove Lid; serve with sour cream, if desired.

Makes 4 servings

**Cook's Tip:** *To add a bit of kick, add sliced jalapeño peppers.*

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## Bacon & Eggs

*Conveniently prepare bacon & eggs all in one pan.*

### Ingredients

- 3 bacon strips
- 2 eggs
- Salt and ground black pepper, to taste

1. In bottom of Microhearth Pan lay strips of bacon. Place Lid over unit; microwave 4-5 minutes.
2. Carefully remove Lid; turn bacon over leaving room in center of Pan for eggs. Break eggs; microwave additional 2 minutes. Transfer to plate, or turn over in Pan and allow to cook additional 30 seconds for easy over eggs. Season to taste.

Makes 1 serving

**Cook's Tip:** Depending on how you like your bacon may determine how long you initially cook it. The heat of the Microhearth Pan will quickly cook "sunny side up" eggs.

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## Blueberry Muffins

Enjoy bakery style muffins in no time using the Microhearth and Muffin Insert.

### Ingredients

¼ cup (½ stick) butter, softened  
½ cup granulated sugar  
1 egg  
½ cup sour cream  
½ teaspoon vanilla extract  
½ teaspoon baking powder  
¼ teaspoon baking soda  
⅛ teaspoon salt  
1 cup flour  
1 pint blueberries, fresh or frozen  
1 cup water

### Topping

¼ cup chopped pecans  
¼ cup packed brown sugar

1. In mixing bowl cream butter and sugar together. Add egg, sour cream and vanilla. Combine dry ingredients; stir into creamed mixture. Fold in blueberries. In small bowl, combine topping ingredients; set aside.
2. Place 1 cup water in Microhearth Pan. Insert Muffin Pan over water. Place paper liners in pan; fill each cavity ¾ full with batter. Sprinkle about 2 teaspoons topping over batter. Place Lid over unit; microwave 10-11 minutes, or until toothpick inserted in center comes out clean.
3. Carefully remove Lid; allow muffins to rest 3 minutes. Remove muffins from Pan; repeat with remaining batter.

Makes 8 muffins

**Cook's Tip:** Batter can be easily doubled and stored in the refrigerator several days.

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## Breakfast AM Sandwich

*The perfect morning grab-n'-go sandwich that eliminates the breakfast guilt!*

### Ingredients

- 1 tablespoon butter, softened
- 1 English muffin
- 1 slice Canadian bacon
- ¼ teaspoon fresh chopped chive
- Sea salt to taste
- 1 large egg
- ¾ cup water
- 1 slice American cheese, or your favorite

1. Butter insides of two English muffin halves; place butter side down on bottom of Microhearth Pan. Add bacon. Place Lid on unit; microwave 3 minutes, or until lightly browned.
2. Meanwhile spray Muffin Pan with no-stick cooking spray. Place chive and sea salt in Muffin Pan. Break egg over seasonings.
3. When muffin and bacon are done; carefully remove Lid. Transfer muffin and bacon to a plate; keep warm. Add ¾ cup water to bottom of Microhearth Pan; insert Muffin Pan over water. Place Lid on, microwave 6 minutes. Carefully remove Lid; push egg out of Muffin Pan over bacon, add slice of cheese and top with remaining muffin half. Serve immediately.

Makes 1 sandwich

**Cook's Tip:** You can easily double the recipe and prepare 2 sandwiches at once in the Microhearth.

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## Cinnamon & Fruit Oatmeal

*A healthy breakfast is only minutes away!*

### Ingredients

- 1½ cups milk
- ¼ teaspoon ground cinnamon
- 1 cup old-fashioned rolled oats
- 2 tablespoons pure maple syrup
- ¼ cup dried cranberries
- 2 tablespoons sliced almonds

1. In Microhearth Pan combine milk, cinnamon, oats, maple syrup and cranberries; stir well to combine. Place Lid over unit; microwave 5-6 minutes.
2. Remove; allow to stand in Pan with Lid on several minutes until desired consistency. Carefully remove Lid; spoon into serving bowls. Top with sliced almonds.

Makes 2 servings

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## Country-style Frittata

*Using thawed hash brown potatoes with green peppers and onions makes this a quick brunch entrée.*

### Ingredients

- 1½ tablespoons vegetable oil
- 2 cups southwest-style potatoes with onions and peppers, thawed
- 4 eggs
- 1 tablespoon water
- ¼ teaspoon each salt and ground black pepper
- 3 tablespoons real bacon pieces
- ½ cup (2 oz.) shredded Colby & Monterey Jack cheese
- 1 small plum tomato, chopped

1. Drizzle oil over bottom of Microhearth Pan. Place potatoes on bottom of Pan. Place Lid over unit; microwave 3 minutes. Carefully remove Lid; stir potatoes. Cook 3-4 additional minutes. Meanwhile, in small bowl whisk egg, water and seasonings together; set aside.
2. Remove Lid; sprinkle bacon and cheese over potato mixture. Pour eggs over cheese. Place Lid on unit; microwave 3-4 minutes, or until eggs are set. After cooking leave Lid on to allow cheese to continue melting 1-2 minutes.
3. Invert Pan over plate to remove frittata. Top with chopped tomato. Cut into wedges.

Makes 4 servings

**Cook's Tip:** *A frittata is an open-faced omelet that can be filled with any number of fresh vegetables, meat and more!*

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## EZ Poached Eggs

*Our silicone muffin pan is perfect for preparing poached eggs.*

### Ingredients

- ¾ cup water
- 4 eggs
- 1 tablespoon snipped fresh chive
- Salt and ground black pepper, to taste

1. Place ¾ cup water in Microhearth Pan. Spray each cavity of Muffin Pan Insert with no-stick cooking spray. Crack eggs into each muffin cavity. Sprinkle chive over each egg.
2. Place Lid over unit; microwave 3-4 minutes or until set to desired doneness. Carefully remove Lid; gently lift eggs out onto plates. Season to taste.

Makes 4 eggs

**Cook's Tip:** No need for 4 eggs? Prepare 1, 2 or 3 eggs the same way.

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## Pecan Rolls

*These gooey rolls will easily make any morning a special day!*

### Ingredients

- ¾ cup packed brown sugar
- ⅓ cup chopped pecans
- 2 tablespoons butter or margarine, melted
- 1 tablespoon light corn syrup
- 1 teaspoon ground cinnamon
- 1 cup water
- 1 can (12 oz.) refrigerated flaky biscuits

1. Combine brown sugar, pecans, butter, corn syrup and cinnamon in small bowl; mix well.
2. Place 1 cup water in Microhearth Pan. Insert Muffin Pan over water. Place about 2 teaspoons pecan mixture in each muffin cavity. Place 1 biscuit over mixture. Place Lid over unit; microwave 11-12 minutes.
3. Carefully remove Lid; allow rolls to rest 3 minutes. Remove Muffin Pan; immediately place plate over pan and invert. Spoon out any remaining pecan mixture onto rolls. Allow Microhearth to cool slightly; repeat with remaining pecan mixture and biscuits until all cooked.

Makes 10 rolls

**Cook's Tip:** *If you only want to cook 4 biscuits today, simply store pecan mixture in an airtight container and refrigerate biscuits to use another day.*

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## Apple Burritos

*Just as good as apple pie without all the trouble!*

### Ingredients

- 1 tablespoon butter
- 2 large Granny Smith apples, slices (about 2 cups)
- 1½ tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon orange zest
- 4 flour tortillas (6-inch)
- ¼ cup caramel ice cream topping, divided

1. Place butter in Microhearth Pan with Lid; cook 60-90 seconds, or until melted. Carefully remove Lid; stir in apples, sugar, cinnamon and orange zest. Cook 5 minutes, or until apples are crisp-tender.
2. Remove Lid. Spread 1/3 cup apple mixture down center of each tortilla; roll up tightly. Wipe Pan out of any apple juices. Spray bottom with no-stick cooking spray. Place burritos in Pan, seam side down.
3. Place Lid on unit; microwave 2-3 minutes or until heated through. Place burrito on dessert plate. Top with 1 tablespoon ice cream topping. Repeat with remaining burritos. Serve warm.

Makes 4 servings

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## Bananas Foster

*A delicious sweet treat that cooks up quickly, with little mess.*

### Ingredients

- ¼ cup (½ stick) butter, melted
- ¼ cup packed brown sugar
- 2 teaspoons lemon juice
- ¼ teaspoon ground cinnamon
- 2 medium bananas, peeled and sliced
- Vanilla ice cream or pound cake

1. Place butter in Microhearth Pan with Lid; cook 60-90 seconds or until melted. Carefully remove Lid; stir in brown sugar, lemon juice and cinnamon. Cook 1 minute, or until sugar is dissolved.
2. Remove Lid; stir in bananas and return to microwave. Cook 2-3 minutes until bananas are glazed. Spoon ¼ cup of mixture over ice cream or cake. Enjoy immediately.

Makes 4 servings

**Cook's Tip:** *If butter is not completely melted, simply stir it around the hot pan until melted.*

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## Black Forest Muffins

*Nothing is better than chocolate and cherry combined in this delicious muffin.*

### Ingredients

- 1 package (7 oz.) chocolate muffin mix
- ¼ cup milk
- 1 egg
- 6 tablespoons cherry pie filling
- 4 teaspoons whipped honey nut cream cheese
- Chocolate sauce and whipped topping, optional

1. In mixing bowl combine muffin mix, milk and egg; mix well. Set aside.
2. Place 1 cup water in MicroHearth Pan. Spray Muffin Pan cups with no-stick cooking spray. Insert Muffin Pan over water. Spoon 1½ tablespoons cherry pie filling into each cup. Fill each cavity ¾ full with batter. Drop 1 teaspoon of cream cheese into center of batter. Place Lid over unit; microwave 10-11 minutes.
3. Carefully remove Lid; allow muffins to rest 3 minutes. Invert Muffin Pan over plate to remove; cherry side will be upward. Garnish with chocolate sauce and whipped topping, if desired.

Makes 4 muffins

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
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## Decadent Chocolate Caramel Cupcakes

*A quick and easy dessert that will satisfy any chocolate craving.*

### Ingredients

- 1 package (7 oz.) chocolate cake or muffin mix
- ½ cup milk
- 1 egg
- 1 cup water
- 16 caramel chocolate candy pieces
- Your favorite frosting or caramel topping, optional

1. In mixing bowl combine cake mix, milk and egg; mix well. Set aside.
2. Place 1 cup water in Microhearth Pan. Insert Muffin Pan over water. Place paper liners in pan; fill each cavity  $\frac{3}{4}$  full with batter. Place 2 chocolate candies in center of each cake; push down slightly. Place Lid over unit; microwave 8-9 minutes.
3. Carefully remove Lid; allow cupcakes to rest 3 minutes. Remove from Pan; repeat with remaining batter. Allow cupcakes to cool; frost with favorite frosting or drizzle with caramel topping, if desired.

Makes 8

**Cook's Tip:** *Substitute your favorite candy; try chocolate kisses or mini peanut butter cups for the caramel candies.*

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Pineapple Upside-Down Cakes

*It's easy to make these individual cakes with our muffin insert.*

### Ingredients

- 1 package (9 oz.) yellow cake mix
- ½ cup reserved pineapple juice
- 1 egg
- 1¼ cup water

### Topping

- ¼ cup packed brown sugar
- ¼ cup (½ stick) butter, melted
- ¼ cup chopped pecans
- 2 cans (8 oz. each) pineapple slices, juice reserved
- 4 maraschino cherries, cut in half

1. In mixing bowl combine cake mix, pineapple juice and egg; mix well. Set aside. In small bowl for topping, combine brown sugar, butter and pecans; mix well.
2. Place 1¼ cups water in Microhearth Pan. Insert Muffin Pan over water. Spoon one tablespoon topping mixture in each cavity. Lay one pineapple slice over topping in each cavity. Place cherry half in center of pineapple slice, cut side up. Fill each cavity ¾ full with batter. Place Lid over unit; microwave 12-14 minutes, or until toothpick inserted in center comes out clean.
3. Carefully remove Lid; allow cupcakes to rest 3 minutes. Invert Muffin Pan over plate to remove; pineapple side will be upward. Repeat with remaining topping and batter.

Makes 8 cakes

**Cook's Tip:** *Be sure that between baking's you allow the Pan to cool and make sure enough water is in it.*

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
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## Quick Fruit Crisp

*This recipe requires little fuss and can be cooked while enjoying dinner for a warm, after dinner treat!*

### Ingredients

1 tablespoon all-purpose flour  
4 cups frozen or fresh fruit  
(mixed berries, peaches, apples, etc.)

### Streusel Topping

½ cup old-fashioned oats  
2 tablespoons all-purpose flour  
2 tablespoons packed brown sugar  
2 tablespoons sliced almonds  
1 teaspoon ground cinnamon  
2 tablespoons butter, melted

1. In mixing bowl combine 1 tablespoon flour with fruit to coat. Generously spray bottom and sides of Microhearth Pan with no-stick cooking spray. Add fruit mixture to Pan. Place Lid over unit; microwave 8-9 minutes.
2. Meanwhile, combine all streusel ingredients in bowl; set aside.
3. Carefully remove Lid; stir fruit. Sprinkle streusel over fruit. Place Lid on Pan; microwave 5-6 minutes or until fruit is tender. Serve from Pan.

Makes 6-8 servings

**Cook's Tip:** Easily prepare this recipe using seasonal fresh fruit; simply reduce cooking times in half.

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## Asian Infused Salmon Filets

*No one will ever know you've cooked fish since there is no odor when using the Microhearth Pan.*

### Ingredients

- 3 tablespoons sesame oil
- 1 tablespoon peeled fresh ginger root, finely chopped
- 1 tablespoon snipped fresh cilantro
- ¼ teaspoon each salt and ground black pepper
- 2 salmon filets (5-6 oz. each)

1. Combine oil, and all seasonings with salmon in resealable food storage bag, turn to coat. Refrigerate 30 minutes or up to 6 hours.
2. Spray Microhearth Pan with no-stick cooking spray. Remove salmon from marinade; discard marinade. Place salmon on bottom of Pan.
3. Place Lid over unit; microwave 3 minutes. Carefully remove Lid; turn salmon. Cook 2-3 additional minutes or until salmon turns opaque and flakes easily with a fork. Serve over vegetables.

Makes 2 servings

**Cook's Tip:** *If the salmon is not completely cooked, place the Lid on and allow it to cook a few additional minutes in the hot Pan.*

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
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## Chicken Parmesan

*An Italian favorite that comes together easily with mouth-watering results.*

### Ingredients

- 1 egg white
- 2 teaspoons water
- 1 medium pressed garlic clove
- ¼ cup plain breadcrumbs
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon Italian seasoning
- ⅛ teaspoon salt
- 2 boneless, skinless chicken breasts (4-5 oz. each)
- 1 tablespoon olive oil
- 2 slices mozzarella cheese
- ¼ cup pizza sauce, warmed

1. In shallow bowl whisk egg white and water until foamy; add garlic. On a plate combine bread crumbs, Parmesan, and Italian seasoning. Dip chicken breasts into egg whites and then into crumb mixture. Shake off excess crumbs. Dip each piece again into egg whites and crumb mixture.
2. Pour oil into bottom of Microhearth Pan. Add chicken. Place Lid over unit; microwave 5 minutes. Carefully remove Lid; turn chicken over. Cook 4-5 additional minutes, or until cooked through.
3. Carefully remove Lid; place slice of mozzarella on each piece of chicken. Replace Lid on Pan until cheese melted, about 2-3 minutes. Transfer chicken to serving plate and drizzle with pizza sauce. Serve hot.

Makes 2 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
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## Enchilada Casserole

*Casseroles couldn't be faster to prepare with the help of the Microhearth.*

### Ingredients

- 1/2 pound lean ground beef
- 1 tablespoon taco seasoning mix
- 3/4 cup medium thick and chunky salsa
- 1/2 cup enchilada sauce
- 6 yellow corn tortillas (6-inch), cut into 1-inch long strips
- 1/2 cup (2 oz.) shredded Colby & Monterey Jack cheese blend
- 3 tablespoons snipped fresh cilantro, divided
- Sour cream, optional

1. Combine in Microhearth Pan ground beef and taco seasoning. Place Lid on unit; microwave 3 minutes. Carefully remove Lid; stir beef breaking into crumbles. Place Lid on; microwave 2-3 minutes or until beef is no longer pink. Drain beef; place in mixing bowl with salsa and enchilada sauce; mix well.
2. Wash Microhearth Pan. Generously spray bottom and sides of Pan with no-stick cooking spray. Arrange half of the tortillas evenly over bottom of Pan; top with half of the beef mixture and half of the cheese. Sprinkle 2 tablespoons cilantro over cheese. Top with remaining tortillas, beef mixture and cheese.
3. Place Lid on; microwave 4 minutes. After cooking leave Lid on to allow cheese to continue melting 1-2 minutes. Carefully remove Lid; sprinkle remaining 1 tableSpoon cilantro over top. Serve in Pan with sour cream, if desired.

Makes 4 servings

**Cook's Tip:** For flavor variation, substitute ground turkey and green enchilada sauce for the beef and red sauce, if desired.

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
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## Glazed Pork Chops with Apples

*Pork chops are easier and faster to make than ever before with the Microhearth.*

### Ingredients

- 1 tablespoon canola oil
- 2 boneless pork top loin chops, cut  $\frac{3}{4}$ -1 inch thick (4 oz. each)
- 1 teaspoon dried rosemary
- Salt and ground black pepper, to taste
- $\frac{1}{4}$  cup apricot or peach preserves
- 1 medium Braeburn or gala apple, cored and cut into wedges
- 1 tablespoon snipped fresh parsley, optional

1. Drizzle oil over bottom of Microhearth Pan. Season pork chops with rosemary, salt and black pepper. Brush apricot preserves over chops. Place chops on bottom of Pan. Arrange apple wedges along sides of meat. Place Lid over unit; microwave 4-5 minutes.
2. Carefully remove Lid; turn meat and apple wedges over. Baste with remaining glaze. Cook 2-3 additional minutes or until pork reaches 160°F for medium doneness. Garnish top with parsley, if desired.

Makes 2 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Italian Pasta Stir-Fry

*This stir-fry with fresh vegetables couldn't be any easier to prepare.*

### Ingredients

3 cups water  
8 ounces uncooked linguini pasta, broken in half  
1 tablespoon olive oil  
1 large pressed garlic clove  
½ cup chopped red onion  
1 medium zucchini, sliced  
3 plum tomatoes, seeded and chopped  
¼ cup snipped fresh parsley  
1 teaspoon dried basil  
¼ teaspoon ground black pepper  
⅛ teaspoon salt  
¼ cup grated Parmesan cheese

1. To prepare pasta, place 3 cups water and pasta in Microhearth Pan. Place Lid over unit; microwave 13-15 minutes, or until tender. Carefully remove Lid; drain pasta and keep warm. Allow Pan to cool 10 minutes.
2. Place oil in cooled Microhearth Pan with garlic, onion and zucchini; stir. Place Lid on unit; microwave 5 minutes.
3. Remove Lid. Add tomato and seasonings; mix well. Cook 2-3 minutes or until heated through. Remove Lid; stir in warm pasta and Parmesan cheese. Serve warm.

Makes 4-6 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## "Mock" Fried Chicken

*Crispy fried chicken without all the guilt, and fat.*

### Ingredients

- 2 cups cornflakes, crushed
- 2 tablespoons butter, melted
- ½ teaspoon each salt and ground black pepper
- ¼ teaspoon cayenne red pepper, optional
- 3 tablespoons milk
- 4 boneless, skinless chicken breasts (4 oz. each)
- 1 tablespoon vegetable oil

1. In mixing bowl combine cornflakes, butter, and seasonings. Pour milk in shallow bowl. Dip chicken breast in milk; then in cornflake mixture to coat. Repeat with each chicken breast.
2. Drizzle oil over bottom of Microhearth Pan. Lay chicken breasts on bottom of Pan. Place Lid over unit; microwave 4 minutes. Carefully remove Lid; turn chicken over. Cook 4-5 additional minutes. Remove Pan; allow chicken to continue cooking 2-3 minutes or until internal temperature reaches 170°F.

Makes 4 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Monterey Burgers

*This "grilled" burger (without the grill)  
is sure to please*

### Ingredients

- 1 pound lean ground beef
- ¼ cup chopped onion
- 3 tablespoons barbecue sauce, more for topping
- ½ teaspoon ground black pepper
- 2 teaspoons vegetable oil
- 4 slices Monterey Jack cheese
- 4 hamburger rolls

1. In mixing bowl combine ground beef, onion, barbecue sauce and black pepper; mix well Form mixture into 4 round patties, ½-inch thick. Place oil in Microhearth Pan along with formed patties.
2. Place Lid over unit; microwave 3 minutes. Carefully remove Lid; turn and cook 2 more minutes for medium doneness. Remove Lid; place slice of cheese on each burger; cover and let stand 30-60 seconds or until melted. Serve on hamburger buns with additional barbecue sauce, if desired.

Makes 4 sandwiches

**Cook's Tip:** Ground beef patties should be cooked to a minimum internal temperature of 160°F (medium doneness).

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## Poached Tilapia with Steamed Asparagus

*Save precious time by steaming tilapia and asparagus simultaneously in the same pan.*

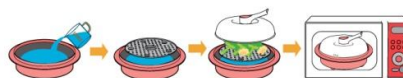
### Ingredients

- 1 tablespoon butter, melted
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard
- 1 cup white wine or water
- 2 tilapia filets (4 oz. each)
- 10 asparagus spears, end trimmed
- Fresh dill and lemon slices, optional

1. In small mixing bowl combine butter, lemon juice and mustard, set aside. Add 1 cup liquid (wine or water) to Microhearth Pan. Insert Steam Pan over liquid. Place tilapia on Pan center; brush with butter mixture. Add asparagus spears along outer perimeter. Place Lid on unit; microwave 11-12 minutes or until fish flakes easily with fork.
2. Carefully remove Lid; garnish with slice of lemon and dill, if desired. Serve with rice.

Makes 2 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Ravioli Carbonara

*With refrigerated ravioli and dairy-aisle Alfredo sauce, your pasta night can't be any simpler.*

### Ingredients

- 4 slices bacon, cut in half
- 2 cups water
- 8 ounces refrigerated or frozen cheese ravioli pasta
- ½ cup Alfredo pasta sauce
- 2 tablespoons chopped fresh basil
- Ground black pepper, to taste

1. Place bacon strip halves on bottom of Microhearth Pan. Place Lid over unit; microwave 4 minutes. Carefully remove Lid; turn over to cook 2-3 minutes or until crisp. Remove from Pan; crumble. Wash Pan.
2. To prepare pasta, place 2 cups water and pasta in Microhearth Pan. Place Lid over unit; microwave 6-7 minutes, or until tender. Carefully remove Lid; drain pasta.
3. Pour Alfredo sauce in warm Pan along with pasta and bacon, gently stir. Place Lid over unit; microwave 1 minute. Remove; garnish with basil and black pepper. Serve immediately.

Makes 2 servings

**Cook's Tip:** *If using frozen ravioli, do not thaw and add 1-2 minutes to the cooking time.*

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## Ribeye Steaks with Grilled Onions & Mushrooms

*A few steaks with sautéed vegetables have never been easier, or as delicious when prepared in one pan.*

### Ingredients

- 2 tablespoons canola oil
- 2 ribeye steaks,  $\frac{3}{4}$ -inch thick
- $\frac{3}{4}$  teaspoon sea salt
- $\frac{1}{2}$  teaspoon ground black pepper
- $\frac{1}{2}$  teaspoon garlic powder
- 1 cup sliced mushrooms
- 1 medium onion, sliced

1. Drizzle oil over bottom of Microhearth Pan. Season steak with salt, pepper and garlic powder. Place steaks on bottom of Pan.
2. Place mushrooms over steak. Arrange onion slices along side meat. Place Lid over unit; microwave 4-5 minutes. Carefully remove Lid; turn meat over and stir vegetables. Cook 2-3 additional minutes or until steak is medium rare (145°F) to medium (160°F) doneness. Serve with grilled vegetables.

Makes 2 servings

**Cook's Tip:** *Adjust the cooking time depending on preferred doneness; lower time for medium rare; higher time for medium doneness.*

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Sausage & Peppers

*Sausage and two types of peppers make this a colorful dish.*

### Ingredients

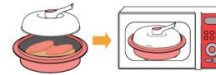
- 1 tablespoon olive oil
- 1 large **each** green and red bell pepper, cut into ¼-inch strips
- ¼ cup chopped onion
- 1 teaspoon Italian seasoning
- 1 package (14 oz.) Italian or beef sausage, sliced
- 1 cup diced tomatoes
- 2 tablespoons grated fresh Parmesan cheese

1. Place olive oil in Microhearth Pan with peppers, onions and seasoning. Place Lid on unit; microwave 4 minutes.
2. Carefully remove Lid. Stir; add sausage and tomatoes. Cook 3-4 minutes or until heated through. Remove Lid; transfer to platter and top with Parmesan cheese. Serve warm.

Makes 4 servings

**Cook's Tip:** Toss mixture with penne pasta for a heartier meal.

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Shrimp with Vegetables

*A simple, yet nutritious meal prepared in less than 20 minutes!*

### Ingredients

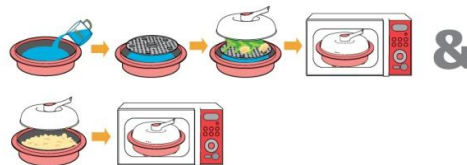
- 1 cup vegetable broth
- 1 package (16 oz.) frozen vegetable blend (carrots, broccoll, sugar snap peas, etc.)
- 1 tablespoon canola oil
- ¼ teaspoon each garlic powder, salt, paprika and granulated sugar
- 8 ounces large uncooked shrimp, peeled and deveined

1. Add 1 cup vegetable broth to Microhearth Pan. Insert Steam Pan over liquid. Add frozen vegetables. Place Lid on unit; microwave 11-13 for crisp-tender.
2. Meanwhile, combine oil, seasonings and shrimp in mixing bowl; mix well to coat shrimp.
3. Carefully remove Lid; drain vegetables and keep warm. Place coated shrimp in Pan, microwave 3 minutes. Remove; turn shrimp over and cook additional 1-2 minutes. Remove Pan and let stand additional 30-60 seconds or until centers are opaque and shrimp is cooked through. Serve over steamed vegetables.

Makes 4 servings

**Cook's Tip:** Adding the sugar to the shrimp coating promotes caramelization in the short time it takes to cook the shrimp in the microwave.

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## Spaghetti & Meatballs

*A family favorite made without heating up the oven!*

### Ingredients

1 pound ground turkey or beef  
½ cup Italian-style dry bread crumbs  
¼ cup minced onion  
¼ cup milk  
1 egg, beaten  
1 tablespoon Italian seasoning  
½ teaspoon Worcestershire sauce  
2 tablespoons vegetable oil, divided  
2 cups water  
8 ounces spaghetti noodles, broken in half  
1 jar (24 oz.) tomato & basil pasta sauce, warmed  
Grated Parmesan cheese, optional

1. In large mixing bowl combine first 7 ingredients; mix well. Shape into 1-inch meatballs. Brush 1 tablespoon oil in Microhearth Pan. Place half of the meatballs in Pan around perimeter. Place Lid over unit; microwave 3 minutes. Carefully remove Lid; turn meatballs and cook another 3-4 minutes. Remove from Pan, keep warm. Brush remaining oil in Pan; repeat cooking process with remaining meatballs.
2. To prepare pasta, place 2 cups water and pasta in Microhearth Pan. Place Lid over unit; microwave 10-12 minutes, or until tender. Carefully remove Lid; drain pasta.
3. Place noodles on plate followed by sauce and several meatballs. Top with Parmesan cheese, if desired.

Makes 4 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Teriyaki Steak Salad

*Tastier than any salad you'll find in a restaurant.*

### Ingredients

1 pound beef flank steak  
¼ cup less-sodium teriyaki sauce  
1 tablespoon olive oil

### Salad

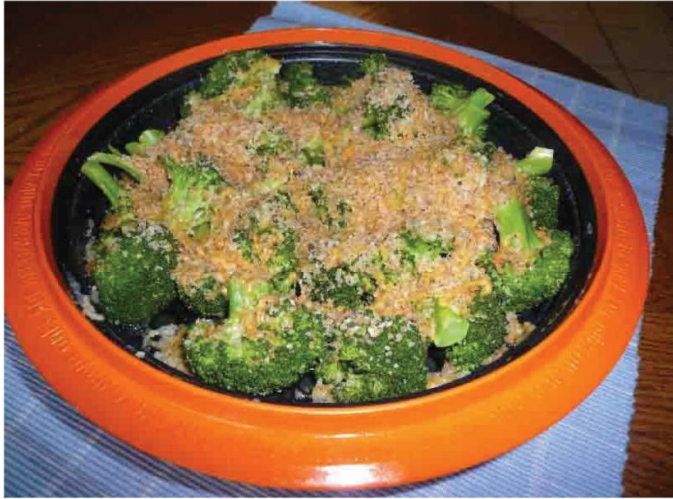
1 bag (10 oz.) hearts of Romaine lettuce,  
torn into pieces  
½ cup each cucumber slices halved and cherry  
tomatoes  
½ cup balsamic vinaigrette salad dressing  
1 package (4 oz.) crumbled goat or feta cheese

1. Combine steak and teriyaki sauce in resealable food storage bag, turn to coat. Refrigerate 6-8 hours or overnight turning occasionally.
2. Drizzle oil over bottom of Microhearth Pan. Remove steak from marinade; discard marinade. Place steak on bottom of Pan.
3. Place Lid over unit; microwave 4 minutes. Carefully remove Lid; turn meat over. Cook 2-3 additional minutes or until steak is medium rare (145°F) to medium (160°F) doneness. Remove; carve steak diagonally across the grain into thin slices.
4. Arrange lettuce on large serving platter; top with cucumber, tomato and steak slices. Drizzle with dressing and cheese.

Makes 4-6 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Broccoli-Cheddar Gratin

*This quick and simple accompaniment is perfect with fish, pork, beef or chicken.*

### Ingredients

- 1 cup water
- $\frac{3}{4}$  pound broccoli (about 3 stalks), cut into florets

### Topping

- $\frac{1}{2}$  cup (3 oz.) shredded Cheddar cheese
- $\frac{1}{4}$  cup unseasoned bread crumbs
- 1 tablespoon butter or margarine, melted
- $\frac{1}{2}$  teaspoon ground black pepper
- $\frac{1}{4}$  teaspoon salt

1. Place 1 cup water in Microhearth Pan. Insert Steam Pan over water; place broccoli on Pan. Place Lid on unit; microwave 12 minutes; or until crisp-tender.
2. Meanwhile, combine topping ingredients; stir well. Carefully remove Lid; pour topping over broccoli. Place Lid on Pan; allow cheese to melt 2-3 minutes. Serve immediately.

Makes 6 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
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## Creamy Mac 'n Cheese

*You'll never return to boxed macaroni and cheese after trying this.*

### Ingredients

- 2 cups water
- 8 ounces uncooked medium shell pasta
- $\frac{3}{4}$  cup milk
- 4 slices American cheese, diced
- 1 cup (4 oz.) shredded sharp Cheddar cheese
- $\frac{1}{4}$  teaspoon **each** salt and ground black pepper

1. To prepare pasta, place 2 cups water and pasta in Microhearth Pan. Place Lid on unit; microwave 11-12 minutes, or until tender.
3. Carefully remove Lid; drain pasta. Place pasta back in Pan; add milk, cheeses and seasonings. Mix well to combine. Place Lid on unit; return to microwave cooking 60-90 seconds. After cooking leave Lid on to allow cheese to continue melting 2-3 minutes. Carefully remove Lid; serve with fresh vegetables.

Makes 4 servings

**Cook's Tip:** For a healthy addition, add 1 cup broccoli florets to uncooked pasta and cook. Stir into finished dish.

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
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## Fiesta Corn Muffins

*A delicious side to any meal, or enjoy as a snack.*

### Ingredients

- 1 box (8.5 oz.) corn muffin mix  
plus ingredients to prepare
- ½ cup whole kernel corn, drained
- 1 tablespoon chopped green chilies, optional
- 1 cup water

1. Prepare corn muffin mix according to package. Add corn and green chilies, if desired.
2. Place 1 cup water in Microhearth Pan. Insert Muffin Pan over water. Place paper liners in pan; fill each cavity  $\frac{3}{4}$  full with batter. Place Lid on unit; microwave 10-11 minutes, or until toothpick inserted in center comes out clean.
3. Carefully remove Lid; allow muffins to rest 3 minutes. Remove from Pan; repeat with remaining batter.

Makes 6 muffins

**Cook's Tip:** *Frozen corn can be used.*

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
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## Herb Buttered Potatoes

*No need to dirty another pan, simply melt the butter in the already warm Microhearth.*

### Ingredients

1½ cups water  
1 pound small red potatoes, washed, cut in half

### Topping

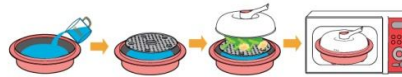
2 tablespoons butter  
1 tablespoon chopped fresh parsley or dill  
Salt and ground black pepper, to taste

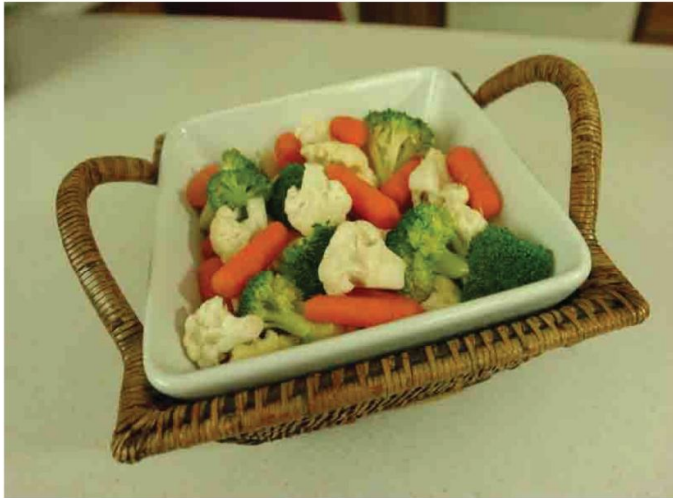
1. Place water in Microhearth Pan. Insert Steam Pan over water; place potatoes on Steamer. Place Lid on unit; microwave 20-22 minutes; or until tender.
2. Carefully remove Lid; transfer potatoes to serving bowl keeping warm, discard water. Place butter in hot Microhearth Pan to melt. Pour butter over potatoes, top with parsley and season to taste.

Makes 4 servings

**Cook's Tip:** Substitute Yukon gold for red potatoes for a buttery, rich taste.

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
- Even though a microwave has the same output, there might be 10 to 15% temperature difference.





## Vegetable Medley

*Enjoying your favorite steamed vegetables  
any night of the week is so simple  
with the Microhearth.*

### Ingredients

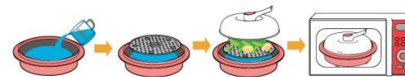
- 1 cup water, white wine or vegetable broth,  
your choice
- 1 cup fresh broccoli florets
- 1 cup fresh cauliflower pieces
- 1 cup petite carrots
- Salt and ground black pepper, to taste

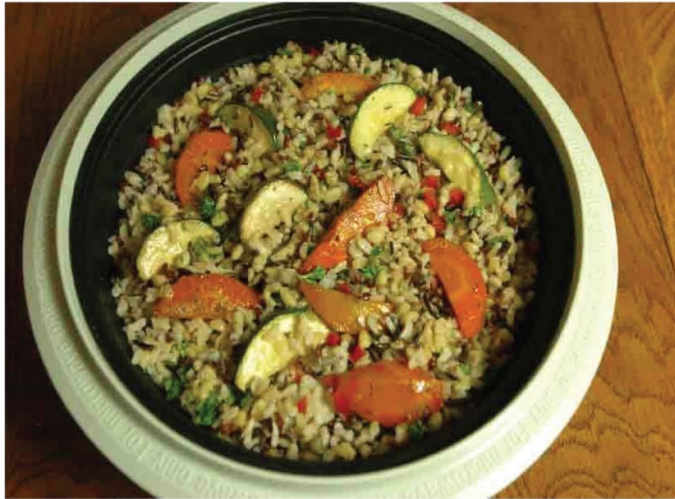
1. Add 1 cup liquid (water, wine or broth) to Microhearth Pan. Insert Steam Pan over liquid. Add broccoli, cauliflower and carrots. Place Lid on unit; microwave 10-11 for crisp-tender.
2. Carefully remove Lid; season to taste. Transfer to a serving bowl and serve immediately.

Serves 4

**Cook's Tip:** Try any vegetable combination such as asparagus, zucchini, onion, peppers, or celery for an ideal steamed medley.

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
- Even though a microwave has the same output, there might be 10 to 15% temperature difference.





## Wild Rice Pilaf

*How convenient is this, cook and serve  
all in one pan.*

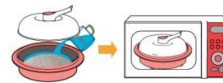
### Ingredients

- 1 package (6 oz.) long grain & wild rice  
with seasonings
- 2¼ cups water
- 1 large carrot, peeled, sliced
- ½ cup sliced zucchini, halved
- ¼ cup diced red bell pepper

1. In Microhearth Pan combine rice, contents of seasoning packet, and water; stir well. Stir in carrot, zucchini and bell pepper.
2. Place Lid on unit; microwave 15 minutes. Carefully remove Lid; stir. Place Lid on Pan. Allow rice to stand covered 10-12 minutes; or until water is absorbed and rice is tender.

Makes 6 servings

- If you do not know your microwave wattage, use the recommended cooking time of 1000W-1200W and then check doneness. 1~3 minutes of additional cooking time may need to be added to complete cooking.
- Depending on wattage of microwave and food volume, the recommended cooking time may need to be adjusted.
- Even though a microwave has the same output, there might be 10 to 15% temperature difference.





# TROUBLESHOOTING

Product	Cause	Troubleshooting
<b>Sparks in Microwave oven</b>	<ul style="list-style-type: none"> <li>- If aluminum foil or metal objects are in the oven.</li> <li>- If food waste and water are in the oven.</li> <li>- If there is damage on door or crack inside wall.</li> <li>- If oven is installed in a confined space with lots of moisture, grease and smoke.</li> </ul>	<ul style="list-style-type: none"> <li>→ Remove the cause</li> <li>→ Wash</li> <li>→ Request technical support or warranty services</li> <li>→ Move location</li> </ul>
<b>Microwave oven stopped during food preparation</b>	Microwave oven makes loud noise and/or produces higher heat compare to normal time.	Aged microwave oven or part defect could have occurred with inexpensive microwave ovens.
<b>Microwave oven is out of order</b>	Microhearth has no electrical components connected to the microwave oven, thus it cannot cause any damage to the microwave oven. Nor can it cause electrical problems with the microwave. Microwave malfunction during cooking is generally caused by the microwave oven itself.	Contact technical support center of the microwave oven in use for proper service.



# Warranty



Thank you for choosing to buy a Microhearth.

This product was manufactured through strict quality control and inspection.

If you have any question about your Microhearth, Please contact us with your model number and details of where and When you bought the Microhearth.

Your model number can be found on the side of package.

Most questions can be answered by FAQs shown on the cookbook.

However, if product needs service, please fax us your inquiry at 847-842-8055 or visit us at [www.microhearth.com](http://www.microhearth.com).

We provide the following warranty.

1. Warranty period : 1year from the purchased date.
2. We replace defective or problematic product with a new one during the warranty period specified if the defect or problem occurred by normal use of customer(according to the instruction of the manual).
3. Please present the purchase receipt when the product needs replacement.
4. Defective unit should be returned to us freight prepaid and replacement unit will be shipped freight collect.

We do not provide a warranty for the following.

1. If Microhearth is damaged due to misuse of the product without following the guideline in the manual.
2. If damage to the product caused by accident, fire, floods or acts of God.
3. If damage caused after delivery.
4. If product is used for commercial use.

For warranty service, please contact

Microhearth.Inc



117 S Cook St #126

Barrington, IL 60010-4311

[warranty@microhearth.com](mailto:warranty@microhearth.com)

Fax : (847) 842-8055

Some states do not allow the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights and you may also have other rights that vary from state to state.



*microHearth*  
microwave cookware



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Barrington, IL 60010-4311

[www.microhearth.com](http://www.microhearth.com)